



YMCA of the Okobojs

Call **(800) 327-4692** to Access Your Benefit

Employee Assistance Program

Get To Know Your Benefits

Your Employee Assistance Program (EAP) provides a variety of counseling, consultations, resources, and coaching benefits for you and your family members. Your EAP benefits are **cost-free** to you, **confidential**, and available **24/7/365**.

We Can Help With:

- Stress Management
- Relationship Concerns
- Personal Growth
- Anxiety or Depression
- Legal Issues
- Identity Theft
- Tax Questions
- Elder Care
- Financial Concerns
- Budgeting and Debt

EAP Benefit Summary

Phone-Based Support

unlimited

Call us any time you have an issue, concern, or question. Calls are answered 24/7 by masters-level clinicians.

In-Person or Telehealth Counseling

3 sessions per issue per year

Arrange in-person counseling sessions with a licensed mental health therapist near your home or work. Each family member is eligible.

Telephonic Life Coaching

3 sessions per year

Speak with a life coach and receive tailored advice on matters involving time management, work-life integration, goal setting, communication skills, and other areas of personal growth.

Telephonic Financial Consultation

1 30-min session per issue

Speak with a financial professional about each separate issue, and access a free financial check-up, financial library, and a variety of other financial tools by visiting efr.org/financial.

In-Person or Telephonic Legal Consultation

1 30-min session per issue

Meet with a licensed attorney with expertise in your area of need. Visit efr.org/legal for more information regarding retention and self-help legal documents.

Eldercare Resources

as needed

Access information, referral resources, and support involving the care for an aging family member.

Childcare Resources

as needed

Receive childcare resource referrals where locally available. All referrals are state licensed/certified childcare providers.

Identity Theft Resolution Services

as needed

Receive assistance with restoring identity and good credit from a highly trained FCRA certified fraud resolution specialist or licensed attorney.

Additional Benefits

provided regularly

Stay up-to-date by reading our monthly newsletter, watching our webinars, and/or completing self-assessments. Visit efr.org for more information.

Life Happens. We're Here to Help.

Get Connected:    | 505 Fifth Ave, Suite 600 | efr.org/myeap